

EXHIBIT A
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constraint noun

con·straint (kən-'strānt 🔊)

[Synonyms of *constraint*](#) >

1 a : the act of [constraining](#)

b : the state of being checked, restricted, or compelled to avoid or perform some action

| ... the *constraint* and monotony of a monastic life ...

— Matthew Arnold

| a life of invalidism and *constraint*

c : a constraining condition, agency, or force : [CHECK](#)

| put legal *constraints* on the board's activities

| Budget *constraints* have forced me to revise my travel plans.

2 a : repression of one's own feelings, behavior, or actions

| emotional *constraint*

b : a sense of being constrained : [EMBARRASSMENT](#)

| " ... a *constraint* between us as if we were strangers ... "

— John P. Marquand



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constrain verb

con·strain (kən-'strān ◀▶)

constrained; constraining; constrains

Synonyms of *constrain* >

transitive verb

1 a : to force by imposed stricture, restriction, or limitation

| Teenagers often feel *constrained* by rules.

| an artist *constrained* by a client's requirements

b : to restrict the motion of (a mechanical body) to a particular mode

2 : **COMPRESS**

also : to clasp tightly

3 : to secure by or as if by bonds : **CONFINE**

| *constrained* to a dungeon

broadly : **LIMIT**

4 : to force or produce in an unnatural or strained manner

| a *constrained* smile

5 : to hold back by or as if by force

| " ... *constraining* my mind not to wander from the task."

— Charles Dickens

constrainedly (kən-'strā-nəd-lē ◀▶) -'strānd-lē **adverb**